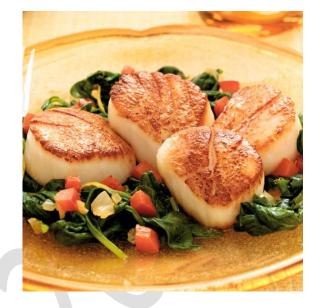
Pan Seared Scollops

It is important to get dry scallops if possible. Many stores soak the scallops in a whitish liquid that makes them retain water. It is harder to brown the scallops if they have a lot of water. If you can only get chemically treated scallops, soak them in brine for a halfhour to remove some of the chemical. Serve with Buerre Blanc sauce.

Ingredients:

- 8-12 large scallops (1 lb.)
- 1/4 tsp. fresh ground pepper
- 1/4 tsp. salt
- 2 Tbsp. vegetable oil
- 2 Tbsp. unsalted butter

Pan Seared Scallops



Equipment

- Cast iron fry pan
- Long handled tongs

V	Directions	Time (min)
	Place scallops on several layers of paper towel. Pat and let sit to dry as much as possible	10 min
	Season scallops on both sides with salt and pepper	1 min
	Heat oil in pan over high heat until almost smoking	1 min
	Add scallops with tongs. Fry until brown on bottom	1-2 min
	Flip scallops	.5 min
	Add butter to oil and melt	.5 min
	Using a large spoon, dip butter and oil mixture from pan and baste scallops while browning.	1 min
	Place scallops on several layers of paper towel. Pat and let sit to dry as much as possible	2 min
	Total	18